

# *Either Too Thin or Too Fat and Homeopathy for Those In Between*

*In this fast pacing modern world where you are compelled to follow every trend, it is alarming to see a lot of individuals, women especially, who are*



*either too thin or overweight. People are either too obsessed to looking great or too carefree to eat anything. When diet has been introduced, some took it more seriously than others. Many of us, on the other hand, have depended entirely on junk foods and commercialized sustenance which led to many health complications. Immobility resulted from sitting for at least 8 hours in the office and total dependency to technology in doing simple tasks have added to the unhealthy and almost stagnant lifestyle of today's citizens.*

*According to reviews, at least 20 million of the total population in the world is suffering from eating disorders. It is also clinically proven that those in their mid-20s to early 30s are mostly the victims of these disorders. Anorexia and Bulimia are two of the cases which are prevalent especially in leading countries. Many of the patients of either of the disorders ineffectively managed with the conventional therapies are often suffering a lifetime disability and disability. The mortality rate is for anorexia is even higher than other psychological disorders and is the leading cause of death to young women.*

*According to the Peterson Group, one of the leading sources of information and reliable research regarding alternative, complementary and integrative medicines, homeopathic treatments has proven the most effective cure for eating disorders.*

*Homeopathy treats the whole person, including, but not limited to, the symptoms of the eating disorder. Therefore, the remedy works to get to the core of why the compulsion is there in the first place. Whether the issue stems from an emotional, genetic or physiological trauma or imbalance, the homeopathic remedy can have a dramatically positive effect on the patient.*

*Some of the treatments are:*

- *Carcinosin*

*Also used as treatment for patients of Obsessive Compulsive Disorder (OCD) and is used to lessen the fear of being fat resulting to insomnia and rejection of any food intake. Carcinosin stabilizes the heart rate and eases anxiety.*

- *Sepia*

*Used for people who has complaints on the food's visuals and are sensitive to smell and has hormonal imbalance. As hormones may cause the lack of appetite, sepia helps regain the food cravings.*

- *Pulsatilla*

*Also use to cure depression. Some people would turn to food as comfort whenever they are under stress. Pulsatilla eases the cravings and helps maintain proper dietary food. This can be found in the rural areas of Jakarta, Indonesia and Brunei.*